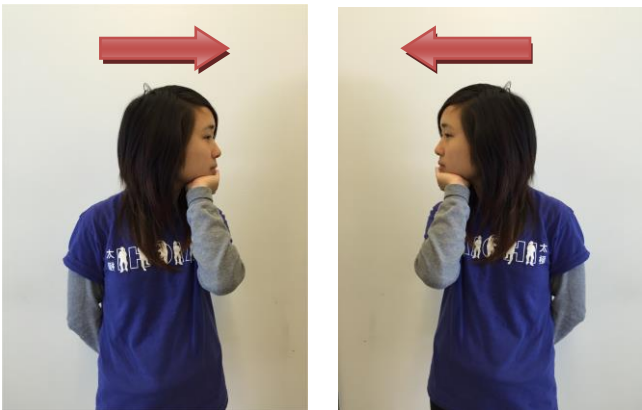




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1. NECK ROTATION STRETCH:

Rotate your neck by looking over your right shoulder. Lift your right hand and place your palm on the left side of your chin. Push your chin with your palm toward your right shoulder. Hold for 10 seconds. Do this 3 times. Repeat for left side.



2. CHIN TUCK:

Place your fingertips on your chin and gently push your head straight back as if you are trying to make a double chin. Keep looking forward as your head moves back. Hold 5 seconds and repeat 5 times.



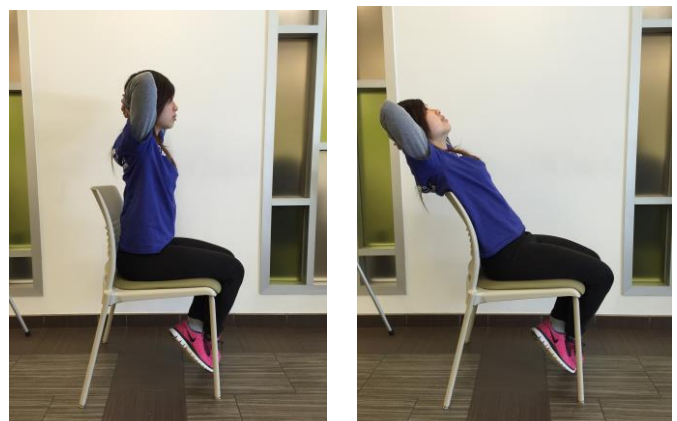
3. SCALENE STRETCH:

Sit or stand and clasp both hands behind your back. Lower your left shoulder and tilt your head toward the right until you feel a stretch. Hold this position for 15 to 30 seconds and then come back to the starting position. Then lower your right shoulder and tilt your head toward the left. Hold for 15 to 30 seconds. Repeat 3 times on each side.



4. THORACIC EXTENSION:

Sit on a chair and clasp both hands behind your head. Gently arch backward and look up toward the ceiling. Repeat 10 times. Do this several times each day.



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5. CERVICAL/NECK TOWEL:

This simple exercise of lying on a rolled towel under your neck for 10 minutes per day can help recover lost neck curve and muscular balance.



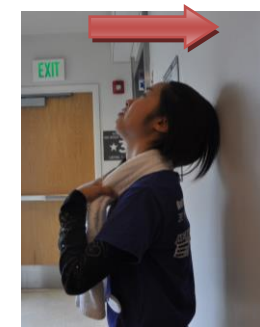
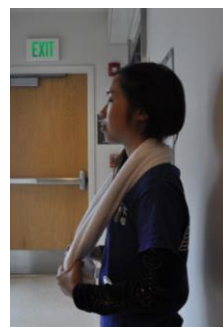
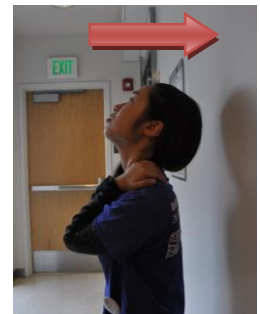
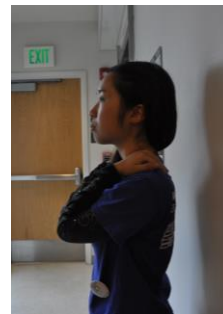
6. SNOW/WALL ANGELS:

- Stand with your back, heels and head against the wall.
- Now lift your arms up and bend it to a 90 degree angle as shown on the first picture below.
- Keep both arms and shoulders against the wall while trying to slowly lift both your arms over your head.
- Continue to keep your arms and shoulders against the wall, slowly put your arms down.
- Repeat these movements 12 times. The movements need to be slow and deliberate.



7. CERVICAL LORDOSIS WITH TOWEL (Three exercises)

- Use your hands or a towel around base of neck. While pulling the hands forward, extend head back as far as possible. Hold the position for 10 seconds. Repeat 15 times.
- Return to the start position. Try to touch your ear to your right shoulder, then left shoulder. Repeat 15 times.
- Return to the start position, and then turn the head from left to right and then right to left. Repeat 15 times.



Source:

- McKesson Corporation

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1. 頸部旋轉伸展:

轉動您的脖子、同時看向右肩。抬起右手，把手掌放在下巴的左側。用手掌把您的下巴推向您的右肩。保持 10 秒鐘，重復這個動作 3 次。然後換左手做。



3. 頸部斜角肌伸展:

您可以坐著或站著，並緊握雙手在背後。降低您的左肩、並側頭向右，直到您覺得到有拉緊的感覺。保持這個姿勢 15~30 秒，然後回到開始的位置。然後，降低您的右肩膀，並側頭向左。保持 15 至 30 秒。每邊重復 3 次。



2. 收起下巴:

請將您的指尖放在下巴、輕輕地將您的頭直推向後面，就像您嘗試擠出雙下巴。當您的頭向後移動的時候，眼睛繼續看向前方。保持這個動作 5 秒鐘，並重復 5 次。



4. 胸部伸展:

坐在椅子上，扣兩隻手臂放在頭後。輕輕地拱向後仰望向天花板。重復 10 次。每天做這個動作幾次。



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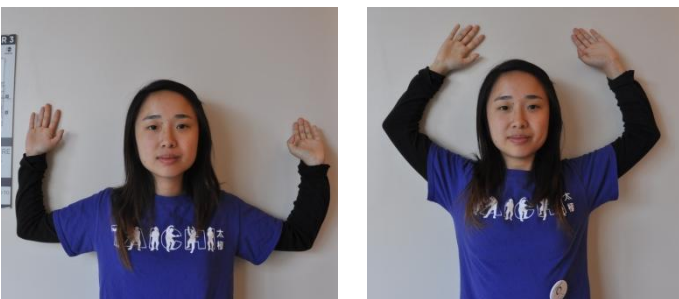
5. 頸部毛巾伸展:

把一卷毛巾放在頸部下面，然後躺在上面。這個簡單的伸展運動每天做 10 分鐘就可以幫助您恢復失去的頸部彎曲和肌肉平衡。



6. 雪/靠牆天使:

- 身體站直，背部、腳跟和頭貼靠在牆上。
- 如下面第一張圖片所顯示，抬起和彎曲兩手臂形成 90 度角。
- 固定您的肩胛和手貼靠在牆上，慢慢抬起兩手舉高於您的頭。
- 繼續固定您的肩胛和手貼靠在牆上，慢慢的把您的手臂放下。
- 重複這個動作 12 次。動作必須是緩慢而謹慎。



7. 用毛巾幫助頸椎 (3 個運動)

- a) 用您的手或毛巾包著頸部的底部。當您的手向前拉，將頭盡量向後伸展。保持這個動作 10 秒。重複動作 15 次。
- b) 恢復剛開始的姿勢。嘗試用您的耳朵碰您右邊肩膀，然後換左邊肩膀。重複動作 15 次。
- c) 恢復剛開始的姿勢。然後將頭從左轉右，再從右到左轉回來。重複動作 15 次。



資料來源:

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